

The Canadian Nurse

VOL. V.

TORONTO, MARCH, 1909

No. 3

Editorial

THE CANADIAN NURSE IN ENGLAND.

Canadian nurses who have never visited the home land have before them one of the most delightful of earthly experiences. Even those of moderate means need not fear to undertake it. Nurses work hard. They often lose sleep. Their nervous energy is given freely to their patients and they need to be "re-created." There is nothing else that can do this as successfully as an Atlantic voyage. Travelling in England is cheap compared to travelling in Canada and living in London is often cheaper than in Toronto. Canadian nurses will be made welcome in London. Canadians are welcome in Great Britain. On arrival, the Canadian nurse should at once write to the leading railways, the London & Northwestern, the Glasgow and Southwestern, the North British, the Caledonian, etc., etc., and ask for information about "circular tours." By these circular tours the traveller goes everywhere and back again for about one fare and a penny a mile is the usual rate. Third-class is quite good enough for anyone. As they say in Scotland: "Only lords and fools travel first-class."

Of course nervous nurses are unknown in Canada, but if anyone has an attack of "the nerves" there are always railway carriages marked "Ladies only." (The editor of the Canadian Nurse never travels in them!)

A more important matter still is the question of where to stay in London and here Canadian nurses are exceptionally fortunate, as Miss Ellis, the Head of Worsley House Club at 15 Clifton Gardens, Maida Vale, London W., a residential club for working gentlewomen, has kindly allowed "The Canadian Nurse" to say that she will receive favorably requests from Canadian nurses for residence at the club during their visit to London and be glad to receive them into the club as temporary members. The club is situated within ten minutes of the Marble Arch, and ten minutes of Paddington Station. A motor omnibus passes the door, and there is also a cab stand within a few yards, and a taximeter cab stand. The charges for rooms are: Bed-sitting rooms from 10/6 per week; single bedrooms, from 8/- per week; double bedrooms, from 10/6 per week. Breakfast and late dinner, with supper on Sundays, costs 10/6 per week. Lunch, consisting of meat, vegetables, and pudding or cheese, is 8d.

It is very doubtful if there are many places in Canada where one can be as comfortable as in Worsley House Club, for the payment of such a moderate sum. We hope a good representation of Canadian nurses will go to England this year.

THE INTERNATIONAL CONGRESS ON NURSING.

London, July 19th to 23rd, 1909.

We are indebted to Miss L. L. Dock, one of the Secretaries of the Congress, for the following official announcements:

Monday, 19th July, has been set apart for the Quinquennial Business Meeting of the International Council of Nurses. The meeting will be held in the Council Chamber of Caxton Hall, Westminster, opening at 11 a. m., with a short address by the President, when the "mot d'ordre" which is to stimulate the efforts of members until the next meeting will be given. We are now working with the watchword Courage.

The officers of the three countries federated as the International Council—Great Britain and Ireland, the United States of America, and Germany, will present short reports of work accomplished since 1904, when the Council met in Berlin.

The applications from countries willing to affiliate—Holland, Finland, Denmark, and Canada—will then be received, and the Presidents of the National Councils of Nurses of those countries will be introduced to the International Council. Their delegates will thus be enabled as members to vote in the election of honorary officers, for any resolutions or amendments of the Constitution which appear on the Agenda, and to decide where the next meeting of the International Council of Nurses will be held. A full list of those officers who are entitled to vote will be given later, and the Agenda of this meeting sent to each, and seats reserved for them in the hall.

As the deliberations will be of great interest the rest of the hall will be reserved for members of affiliated National Councils of Nurses, so that they may realize the far-reaching influence of this extending international federation of trained nurses. An international badge of ribbon will be available to be worn by the members of every affiliated society of nurses grouped into National Councils, federated in the International Council of Nurses, a sign of the growing solidarity of the nursing craft. The presidents and delegates of the International Council, together with other distinguished members of the Congress, will be entertained to luncheon at 2 p.m., upon the invitation of the president of the National Council, Mrs. Bedford Fenwick.

In the evening, Miss Isla Stewart, matron of St. Bartholomew's Hospital, will entertain distinguished guests and others at a *conversazione* at St. Bartholomew's Hospital, E.C., when the invited speakers of the Congress will be presented to their hostesses.

The Congress.

The Congress will open at 10 a.m. on Tuesday, 20th July, when Mrs. Isabel Hampton Robb of the United States will present a paper on the "International Standard of Nursing Education and Registration."

The coming Congress is arousing the greatest interest both at home and abroad, and already many of the distinguished foreign nurses who have been invited to speak have consented to do so. From the United States we are to have papers from Mrs. Robb, President of the American Society of Superintendents

of Training Schools; from Miss M. Adelaide Nutting, Professor of Domestic Science, Teacher's College, Columbia University, New York, and President of the American Federation of Nurses; from Miss Anna L. Alline, Official Inspector of Training Schools under the Regents of the University of New York; and from Miss L. L. Dock, Hon. Secretary of the American Federation of Nurses, and of the International Council of Nurses.

THE WOMAN'S HOSPITAL AID ASSOCIATION.

Sometimes those interested in hospital work wonder if this agency is appreciated as it ought to be either by the workers inside or outside of the hospital. Yet it does a great deal of good. It often makes the hospital a happier and more home-like place. It unites the interests of the community and the hospital and its success is measured, not so much by the money it presents as by the place it gives to the hospital in the hearts of the people. One of our best hospital workers in the West assures us in a recent letter that "between ourselves, if it hadn't been for the Woman's Hospital Aid here, the work they have done and the money gathered, our general hospital would have been defunct long ago. As it is, we are to have a new hospital and the women have undertaken to provide all the linen and as much more as they can do. The older members were tired with work, but a new leader arose and united the oldtimers and the newcomers. The newcomers are taking their share of work without any ill-feeling of the older ones."

What a help such an organization is! We have lately heard also of a "Hospital Circle" in one of the Toronto churches which made in 1908 the sum of \$600.00 for hospital work, and of a "Girls' Auxiliary" in one of the newer cities of Manitoba which is doing great things to help the hospital.

THE NURSES' CLUB-HOUSE IN TORONTO.

We heartily congratulate Miss Bowerman and all those who have so ably assisted her in the arduous task of establishing a club house in Toronto, upon the success which has attended their efforts. Miss Bowerman has been the leader in the movement. The idea was hers. Much of the work was hers. She has united a large number of nurses in the project and its success will fill her kind heart with joy. We hope she may long live to see her best hopes for the club realized.

On February 1st the Toronto Graduate Nurses' Club completed their purchase of 63 Isabella Street. Possession will not be had until May 1st, the house being rented until that time. The proceeds from the "Fair of all Nations," which were very nearly \$3,000, enabled the Club to make their first payment on the house. It is hoped that all those nurses who helped so well with the Fair will continue to help the Club and become members, in which case the success of the club house will be assured.

THE VICTORIA NURSES' CLUB, BRITISH COLUMBIA.

The constitution of the Nurses' Club of the city of Victoria, in British Columbia, is a model one, and will be interesting to the many nurses' organizations in Canada and elsewhere. The club was organized on February 8th, 1905, and incorporated on May 1st, 1906. Its objects are the development of a loyal and sympathetic feeling among its members; the advancement of the profession of nursing and the raising and maintaining of a benefit fund for its sick nurses. The membership is restricted to "authenticated trained nurses registered on the club's register as such."

We hope to receive regular reports from the secretary from time to time, and congratulate the club on its success.

SAILING FOR ENGLAND.

Nurses who are thinking of attending the International Council of Nurses, meeting in London in July, should lose no time in securing passage on some safe and comfortable steamship. The Canadian Pacific Railway Company have kindly sent us the following information re their "Empresses." After the 1st of May the minimum rate is \$90.00 each way on these magnificent steamers. The C. P. R. has also available three good steamers which carry one class of passengers only—the "Lake Erie" and "Lake Champlain," to Liverpool (\$45.00 each way), and the "Montrose" to London direct (\$42.50 each way). A party of nurses going together would be very happy and comfortable on these steamers. The Allan Line is also a good steamship line and enquiry at their offices would, we are sure, receive prompt and careful attention. The benefit of a visit to Britain is great and lasting.

Editorial Notes

Ireland.

The Queen's Gifts to the Soldiers.—Queen Alexandra, with characteristic kindness, has sent many pictures, rugs and other comforts to the Irish soldiers in hospitals. She has also sent £1,000 for the benefit of all sick soldiers at home stations under Q. A. I. M. N. S. and to supply other gifts of the same kind.

Scotland.

The Highland Division.—This division of the Territorial Nursing Service, under the organizing matron, Miss MacNaughton, of Aberdeen, is the first to complete its enrolment. Scotland forever!

Italy.

Nurses to the Rescue.—Great efforts have been made to meet the great calamity at Messina and elsewhere. Headed by Queen

Elena, Queen Margherita and the Duchess of Aosta, assisted by all the British, American, French, Red Cross and other doctors at hand, all the trained nurses, and indeed all the women who could, have aided the sufferers. The king opened all royal palaces, villas and castles to them and the Anglo-American colonies have done their best to aid. In such an overwhelming calamity, how small the greatest efforts are and yet how precious! For example, the International Hospital at Naples, which usually has fifteen patients, had 2,000 under its care immediately after the earthquake.

South Australia.

A Nurses' Club-House.—Miss Tibbits, who has just returned to Adelaide after a long absence of two years, during which she has visited many nursing centres, has engaged, with an excellent committee, in the establishment of a Nurses' Club for South Australia. We heartily wish it success and shall await further news of it with great interest.

Great Britain.

The Territorial Nursing Service.—This service is making great progress. The Queen has consented to be president. A meeting was recently held at the Mansion House in London for the benefit of the movement. The chair was taken by the Lord Mayor and Sir Alfred Keogh, D.G.A.M.S., Miss Haldane and others spoke.

Medal for Saving Life at Sea.—The stewardess on board the "Sardinia" (burned in the Mediterranean Sea) has been awarded Lloyd's Medal for saving life at sea, and is the first woman to receive it. She remained at her post till all the women and children were rescued and helped and encouraged all the passengers.

United States.

Canadian Nurse in Tacoma.—At the annual meeting of the Pierce County Nurses' Association, Tacoma, Wash., Miss Edith Weller, R.N., of the Northern Pacific Hospital, was elected president. Miss Weller is a Canadian.

Italy.

Volunteer Nurses at Messina.—The British bluejackets are so adaptable that they made splendid nurses in these dreadful days at Messina. The "Nursing Times" quotes from a letter written by Officer Harris of H. M. S. "Sutlej": "There were fires in bogies all round the decks, gallons of beef-tea and chicken broth, and brandy and wine were provided. Shoes and flannels and serge clothes were served out to those in need, and two men with sewing machines were working night and day making inside clothes out of flannel for the women and children. Our men carried round the little children in their arms to see if they could recognize any of their friends. We had scores of them fatherless and friendless. The men bathed all the little children, made little suits for them, and gave them oranges and cakes."

THE GRADUATE NURSES' ASSOCIATION OF ONTARIO.

President—Mrs. C. J. Currie, 175 College St., Toronto.

First Vice-President—Miss Annie Robinson, Superintendent, General Hospital, Galt.

Second Vice-President—Mrs. S. H. Tilley, 228 Johnston St., Kingston.

Treasurer—Mrs. Thomas Roden, 127 Dunn Ave., Toronto.

Recording Secretary—Miss Julia Stewart, 134 Yorkville Ave. Toronto.

Corresponding Secretary—Miss E. R. Greene, 418 Sumach St., Toronto.

Board of Directors:—

Miss Brent, Superintendent, Sick Children's Hospital, Toronto.

Miss Mathieson, Superintendent, Riverdale Hospital, Toronto.

Miss Barwick, 644 Spadina Ave., Toronto.

Miss Woodland, Superintendent, Western Hospital, Toronto.

• Miss Lennox, 107 Bedford Road, Toronto.

Miss Hamilton, 608 Church St., Toronto.

Mrs. Yorke, 400 Manning Ave., Toronto.

Mrs. Paffard, 51 Poplar Plains Road, Toronto.

Miss M. Christie, 19 Classic Ave., Toronto.

Miss Eastwood, 206 Spadina Ave., Toronto.

Miss Graves, St. Michael's Hospital, Toronto.

Miss Mary Gray, 505 Sherbourne St., Toronto.

The Executive Committee of the G. N. A. O. met on Tuesday, Feb. 16th, at 8 p.m., at the house of the president, Mrs. Currie, who occupied the chair. Others present were: Miss Brent, Miss Eastwood, Mrs. Yorke, Miss Christie, Miss Greene, Miss Woodland, Miss Mary Gray, and Miss Stewart. Thirteen applications for membership were read and accepted, viz., Miss Iva M. Murphy, Miss Ella Duffield, Miss Dorothy E. Street, Miss Elizabeth Aitken, Miss Annie Philip Kerr, Miss Edith Glass, Miss Eldred Neelands, Miss Gladys Young, Miss Barbara M. Simpson, Miss Gertrude Summerfeldt, Miss E. A. McLeish, Miss M. C. Milne, graduates of the Hamilton City Hospital Training School, and Miss Lena Claffy, graduate of St. Michael's Hospital Training School, Toronto.

The Executive Committee wishes to make the annual meeting of the Association, which this year will be held in May, as interesting as possible, particularly to those doing private nursing. Problems which relate to hospital and training school management can be discussed at the meetings of the Superintendents' Societies, and the G. N. A. O. was organized to be a help and inspiration to the private nurse. It is hoped that Miss de Witte's paper, "Some Problems of the Private Nurse," will be thoroughly discussed, and that the members will express their views freely on points brought out. Miss Eastwood will give a short paper on "Registration," and as no nurse in Ontario has a better knowledge of that subject than Miss Eastwood, this will be interesting to everybody. It is also proposed to have a "Question Drawer," of which Miss A. I. Robinson, of Galt, Ont.,

has kindly consented to take charge. Questions may be sent to Miss Robinson, or to either of the secretaries, at any time before the meeting. Miss Brent is arranging for some demonstrations to be given, the subjects of which will be announced later. It is proposed to have two sessions, probably afternoon and evening, and this will give ample time for a very interesting programme to be given.

Will members of the G. N. A. O. please notify the recording secretary of changes of address?

Wanted, the address of Miss B. T. Atkinson, formerly of Edmonton.

GRACE HOSPITAL ALUMNAE ASSOCIATION

Annual Report 1907-1908.

In presenting the annual report of 1908, we deeply regret our membership shows a slight decrease from last year, there being only forty-four members this year while there were forty-nine last. At the same time, although there are not so many members, the meetings have been better attended, showing more interest has been taken in them.

The Sick Benefit Fund, which has been discussed so long, has still not materialized, but we hope during the coming year to have it not only organized, but in such a condition that, if necessary, benefits can be derived from it.

We regret that our president, Mrs. Lalonde, has resigned her position before the close of the year; as a new president has not been elected, the first vice, Mrs. Macquoid, has taken her duties.

The members of the Alumnae Association take this opportunity of congratulating Miss Paton on the event of her marriage to Dr. C. J. Curry. She will be greatly missed at the monthly meetings, in which she has always taken a deep interest, and to which she was ever ready to give her help and sympathy when it was needed. As her new home is in the city, it is hoped she will very often accept the cordial invitation extended to her to attend as often as possible.

The officers and members of the Association wish to extend their thanks to the following doctors for their lectures: Dr. MacMurchy, "The International Congress of School Hygiene"; Dr. Cotton, "The Ideals of a Nurse"; Dr. McPherson, "Pneumonia"; and also to Miss Rhoden for her interesting talk on the new club-house.

The last meeting of the year was altogether of a social character and was held at Miss Segsworth's summer home at Centre Island. A great many of the nurses availed themselves of Miss Segsworth's hospitality and all had a most enjoyable time.

There have been some complaints made regarding notices of meetings not reaching their proper destinations. This is due to the fact that there have been changes of addresses which have not been known by the secretary. It is desired that when a member changes her place of residence, she should notify the secretary without delay, and that difficulty will be immediately overcome.

Official Department

ALUMNAE ASSOCIATION, TORONTO GENERAL HOSPITAL.

President—Lucy Bowerman, 349 Sherbourne Street.
First Vice-President—Ida Beam, 728 Spadina Avenue.
Second Vice-President—Annie Hartley, T.G.H.
Recording Secretary—Miss Lindsay, T.G.H.
Corresponding Secretary—Ida L. Burkholder, 728 Spadina.
Treasurer—Marion E. Hall, 18 Earl Street.
Board of Directors—A. J. Scott, Grace Hospital; M. Tweedie, 53 Langley Avenue; Edith Hargraves, 146 Winchester Street.
Conveners of Committees:
Sick Visiting—Elizabeth Field, 505 Sherbourne Street.
Registration—M. E. Christie, 19 Classic Avenue.
Programme—Mrs Feeney, 44 Willcocks Street.
Social and Lookout—Miss Richardson, 551 Sherbourne St.
Press—S. Caroline Ross, 1 Selby Street.
Central Registry—Miss Purdy, 551 Sherbourne Street; H. Fralick, 728 Spadina Avenue.
Canadian Nurse Representative—Miss Lennox, 107 Bedford Road.

THE ALUMNAE ASSOCIATION OF THE HOSPITAL FOR SICK CHILDREN TRAINING SCHOOL FOR NURSES, TORONTO.

For the year ending Oct. 15th, 1908.

Officers for 1908-09: Miss Barnard, President; Miss A. Clarke, 1st Vice-President; Miss L. Adams, 2nd Vice-President; Miss A. Robertson, Recording Secretary; Miss B. Goodall, Corresponding Secretary; Miss M. Wilson, Treasurer; Miss M. Gray, 505 Sherbourne St., Secretary for "Invalid Cookery"; Misses M. Hally, E. Jamieson and M. Ellrington, Directors; Miss J. Hamilton, 608 Church St., Convener of General Business Committee; Miss Sales, Miss McQuaig and Miss J. Gray.

THE ALUMNAE ASSOCIATION OF THE COLLING- WOOD GENERAL AND MARINE HOSPITAL TRAINING SCHOOL FOR NURSES.

Officers for 1908-09; Hon. President, Miss Morton; President, Miss G. Morrison; First Vice-President, Miss P. J. Cottrill; Second Vice-President, Miss Ella Baker; Secretary, Miss J. E. Carr; Assistant-Secretary, Miss E. M. Dawson; Treasurer, Miss M. M. Redmond.

Sick Visiting Committee: Miss Moore, Miss Robinson, Miss G. Morton, Miss Klinck.

The meetings are held on the last Thursday of the month at 3 p.m. in the Board Room of the Hospital.



QUEEN ALEXANDRA'S IMPERIAL MILITARY NURSING SERVICE.

The following ladies have received appointments as Staff Nurses: Misses C. E. Alldridge, E. R. Thomson, M. O. Greenaway, F. E. S. Manning, O. F. Stinton.

Postings and Transfers.

Sisters.

Miss L. M. Moor, to South Africa, from M. H., Devonport.

Staff Nurses on Appointment.

Miss A. H. Esden, to R. H. H., Woolwich.

Miss H. C. Johnston, to Cambridge Hospital, Aldershot.

Miss A. C. W. Teevan, to Cambridge Hospital, Aldershot.

Miss E. R. Thomson, to the Alexandra Hospital, Cosham.

Miss E. Close, to South Africa, from R. V. H., Netley.

Miss C. M. Williams, to South Africa, from R. V. H., Netley.

Appointments Confirmed.

Staff Nurses.

Miss E. Cooke, Miss I. D. Humfrey.

Arrivals.

Miss M. E. Harper, Sister, from South Africa.

C. H. KEER,

Matron-in-Chief, Q.A.I.M.N.S.

GENERAL ORDER 220.

APPOINTMENTS, PROMOTIONS AND RETIREMENTS.

Canadian Militia, 1908.

Headquarters, 8th December, 1908.

The following appointments, promotions, retirements and confirmations of rank are promulgated to the Militia by the Honourable the Minister of Militia and Defence in Militia Council:

Army Medical Services.—Army Medical Corps.

To be a Nursing Sister: Miss Elizabeth Craibe. 16th November, 1908.

Nursing Sister Miss Renee Jane Kirk is permitted to retire. 17th October, 1908.

Nursing Sister Miss Agnes Mary Toohey is permitted to retire. 2nd December, 1908.

QUEEN ALEXANDRA'S NURSING SERVICE RESERVE

Regulations for Admission.

The following "Regulations for Admission to Queen Alexandra's Imperial Military Nursing Service Reserve" are issued with Army Orders, August 1st, 1908:—

I.—CONSTITUTION.

1. The Queen Alexandra's Imperial Military Nursing Service Reserve is formed for the purpose of maintaining a reserve of nurses to supplement Queen Alexandra's Imperial Military Nursing Service in the event of war.

The Reserve will be under the immediate control of the Nursing Board, of which her Majesty the Queen is President, and will consist of the following grades:

Matrons.
Sisters.
Staff Nurses.

II.—APPOINTMENT AND QUALIFICATION OF CANDIDATES.

2. Appointments in Queen Alexandra's Imperial Military Nursing Service Reserve may be given to persons duly qualified in accordance with the following regulations:—

3. A candidate must be between 26 and 45 years of age, must be single or a widow, and must possess a certificate of not less than three years' training and service in a civil general hospital, or a Poor Law infirmary recognised by the Local Government Board as a Nurse Training School.

A candidate will be required to fill in the form of application, which will be forwarded to her, and to produce the documents thereon enumerated.

4. Candidates must be approved by the Nursing Board, or by some person appointed by the Board.

III.—CONDITIONS OF SERVICE.

5. Members must agree to serve either at home or abroad, as required, if called upon in time of war. They will be enrolled for a period of three years, which may be renewed from time to time; but their continuance in the Reserve will at all times be subject to review by the Nursing Board at the conclusion of each year's service.

6. Members will report themselves once a year in writing to the Matron-in-Chief, Queen Alexandra's Imperial Military Nursing Service, War Office, London, and will be required to satisfy the Board that they are continuously employed in *bona fide* nursing duties.

They must also immediately notify the War Office any change in their address.

Non-compliance with these requirements will render a member liable to be struck off the strength of the Reserve.

IV.—RETAINING FEE.

7. A retaining fee of £2 per annum will be paid to Sisters and Staff Nurses of Queen Alexandra's Imperial Military Nursing Service Reserve on enrolment therein, and annually thereafter, subject to the provisions of Paragraph 5.

V.—PEACE TRAINING.

8. Arrangements will, when possible, be made to enable members to do duty in a Military Hospital for a week or a fortnight if they wish. The only payment required from them during this period will be 12s. 6d. weekly for board. No emoluments will be issuable in respect of this training.

VI.—RETIREMENT.

9. Members may be required to retire on attaining the age of fifty.

This age limit may be extended, under special circumstances, at the discretion of the Board.

VII.—SPECIAL CONDITIONS APPLICABLE WHEN CALLED UP FOR SERVICE.

10. The following regulations will apply to all members of Queen Alexandra's Imperial Military Nursing Service Reserve when called upon for duty in Military Hospitals in time of war.

(1) Discipline and Duties.

They will be required to serve under the rules laid down in the Regulations for the Army Medical Service, and in the Standing Orders for Queen Alexandra's Imperial Military Nursing Service.

(2) Uniform.

They will be required to wear the approved uniform.

(3) Pay and Gratuities.

They will receive, while actually employed, the following yearly rates of pay:—

	Initial Rate.	Annual Increment.	Maximum.
Matron	£75	£10 0	£150
Sister	50	5 0	65
Staff Nurse	40	2 10	45

On the cessation of their employment they will receive a gratuity at the following rates, provided their services have been satisfactory:

Matron	£15 0 0
Sister	10 0 0
Staff Nurse	7 10 0

If their services have extended beyond one year they will be granted under the same conditions a like gratuity for each further year's service, a portion of a year being calculated at a proportionate rate.

Should their employment be terminated for reason not satisfactory to the Army Council, the claim to gratuity will be forfeited.

(4) Allowances.

They will be granted an allowance in lieu of board and washing at the rate of 15s. a week at a home station, or of 21s. a week at a station abroad. This allowance will be reduced to 3s. 6d. a week when free messing is provided. A special allowance for the provision of clothing will also be granted at the following rates:—

Annual clothing and cloak allowance abroad	£9	0	0
Annual clothing and cloak allowance at home	8	0	0
Outfit allowance when proceeding on active service	8	5	0

Correspondence

A LETTER ABOUT CHARTING.

To the Editor of "The Canadian Nurse":

Dear Madam,—Since I began taking your magazine a little over a year ago, I have read much that has interested and helped me, especially articles relating to the methods and experiences of other nurses. May I venture to say something about charting, in the hope that it may help some one else?

One of the first things my superintendent impressed upon me when I entered the hospital was the importance of charting and that in order to chart successfully a nurse must be methodical, observant and attentive. She also made her nurses feel that they had chosen the best work and that nothing but their best efforts would answer, either personally or professionally. I graduated about three years ago and have been doing private nursing since, but I find her advice holds good. I think many nurses pay too little attention to charting. I will cite one case in which her teaching stood me in good stead.

Late one afternoon I was called to the home of C. Three doctors were there and I at once put on my uniform and assisted in preparation for operation. Patient operated on and back in bed in two hours after my arrival. I carefully noted and wrote out doctor's orders, charted patient's operation and condition, and, since the operation was an abdominal one, watched the dressings carefully for signs of hemorrhage. I charted every change, however small—pulse, temperature, respiration, nausea, retching, color and quantity of vomitus, color, odor and amount of wound discharge, wound dressings, amount of sleep obtained, nourishment, stimulants and medicines given, condition of appetite, attack of pain and any unusual soreness or restlessness, also condition of bowels and urine.

In order to chart well it is necessary to take pulse, temperature and respiration often and regularly and that nourishment and stimulants be given at regular intervals and unfailingly recorded. In almost all cases I keep a special as well as a four-hour chart.

In the case I speak of, I was able after four weeks to give

an accurate account of my patient's every condition and change from the time I entered the home, and although he was operated on three times he is now well and strong. The only credit I can claim is for accurate charting, which made it possible for the doctors to obtain such a clear history of his condition as helped them to a correct diagnosis in the last and greatest change in his condition.

Doctors do not want our opinions, but they respect us and we are of service to them if we can give them facts.

M. M. L.

Fort Saskatchewan, Alberta.

To the Editor of "The Canadian Nurse":

Dear Madam,—Enclosed please find the sum of one dollar to continue my subscription to "The Canadian Nurse" for 1909. Although I have gone to American soil I cannot neglect the paper from the Land of the Maple.

Yours truly,

H. M. P.

New York.

Dear "Canadian Nurse":

What a happy surprise you have given us, in our old magazine, with its new garb and its many improvements! The January number is certainly the most helpful and most interesting of the copies I have ever received. Enclosed find post office order for my renewal. Wishing you every success,

Yours sincerely,

M. L. M., V.O.N.

QUESTION DEPARTMENT

To the Editor of "The Canadian Nurse":

Dear Madam,—What steamship companies employ a nurse on board, and to whom should an application for that position be addressed? Any information on the same will be very thankfully received.

M. G. W.

Minot, North Dakota.

[We have not been able to get any definite information on this point. We would suggest that our correspondent should write to the Canadian Pacific, the Cunard, the White Star, the North German Lloyd, and other leading steamship companies and make the enquiry direct.—Ed.]

Hospitals and Nurses

Miss Daisy Cornwall has resigned her position as assistant superintendent of the City Hospital, Franklin, Pa., and is enjoying a vacation at the home of her father, Dr. Cornwall, Omemee, Ontario.

At the annual meeting of the Alumnae Association of the Hamilton City Hospital, the following officers were appointed: President, Miss Ida Van Velzer, 87 S. Victoria Ave.; Vice-President, Miss Ida J. Ainsle, 57 S. Bay St.; Secretary, Miss Ida M. Carr, Hospital for the Insane, Hamilton; Recording Secretary, Miss Eliz. Aitkin, City Hospital; Treasurer, Miss Wilhelmina Adam, 55 S. Victoria Ave.

Miss Barbara Simpson (H. C. H.), who recently resigned her position in Montreal, has gone to take a post-graduate course in the Woman's Hospital in New York.

In Toronto on January 24th, Mrs. F. H. Lamb (Mabel Twiss), died suddenly of cerebral hemorrhage. Mrs. Lamb was a graduate of the Hamilton City Hospital, class '04. Previous to her marriage she did private nursing in Hamilton and the vicinity. Great regret is felt at her sudden death.

The following is the list of stockholders in the Toronto Graduate Nurses' Club: Misses Richards, Bowerman, Mathieson, Brent, Ewing, Johnson; Mrs. Roden; Misses Port, Whitlaw, Boyd; Mrs. Paffard; Misses Scott, Seager, Argue, Hall, Tweedie, Roger, Gray, Hamilton, Christie, Geddes, Goodall, Barwick, Greene, Graves, Burkholder, Kennedy, Jamieson, Muir, Lennox, C. Burnett, S. Burnett, McKenzie, Greer, Barnard, Fothergill, Stewart, C. Wilkinson, Rogers; Mrs. Burns; Mrs. Winchester; Misses Scott, Bowling, Long, L. B. Roy, Robson, Sawyers; the Riverdale Alumnae Association.

Miss A. Scott, formerly superintendent of the General Hospital at Neepawa, Manitoba, has spent the winter in New York, where she took a position temporarily. Miss Scott may return shortly to Canada.

It is with keen sorrow that we have to record the death of one of our members of the Central Registry, Miss Jennie Twomey, a graduate of the Mater Infirmorum, Dublin, who died after a lingering illness in St. Michael's Hospital on Sunday afternoon, Feb. 7th. A beautiful requiem mass was held on Tuesday, Feb. 9th, at the Church of the Holy Family, King Street West, at 9 a.m. The church was filled with friends, among whom were quite a number of our nurses. We all deeply feel the death of one so highly respected and so affectionately regarded.

Among Canadian nurses who are intending to go abroad this year are Miss Mary Smith, superintendent of the Babies' Hospital, New York; Miss Flaws, superintendent of the Butterworth Hospital, Grand Rapids, Mich.; Miss Anna W. Staebler, superintendent of Stratford General Hospital; and Miss Nora

BOVRIL

A Necessity to the Nurse

It is the long watching at bedsides—the insufficient and broken sleep, and the irregular meals that sap the vitality and strength of the nurse.

BOVRIL included in your diet will give you the necessary reserve of health and strength, and will enable you to meet the “calls” of your profession without exhaustion.

BOVRIL contains all the valuable feeding qualities of beef in an appetizing and easily digested form.

Take it as a Bouillon or in Sandwiches.



THE TWO FOR A DOLLAR

IN order to induce all our subscribers to renew for the current year *promptly* we have made arrangements with the publishers of the

Home Journal

the highest and best of Canada's home magazines, to club with the Canadian Nurse so that the two costing usually **a dollar and a half** may be obtained by our subscribers for **the one dollar**.

This applies to Canada and Great Britain only.
50c Extra for United States on account of additional postage.

SEND IN AT ONCE

The Canadian Nurse 59-61 JOHN STREET
TORONTO

THE JAS. ACTON PUBLISHING CO., LIMITED, PUBLISHERS

Kindly mention THE CANADIAN NURSE when writing or speaking to advertisers.

Tedford, of Montreal General Hospital. All these ladies will probably attend the International Council of Nurses.

The general monthly meeting of the Canadian Nurses' Association was held on Tuesday, Feb. 2nd, in the Medico-Chirurgical Society's rooms, at 8 p.m. The president presided. The attendance was not quite as large as usual, owing to a large number of nurses being on active service, which was rather unfortunate, as they missed a most instructive and interesting lecture on infectious diseases, by Dr. John McCrae. The doctor in opening his remarks, spoke of fevers in general, and showed how poisons were produced circulating in the body and to what an extent the efforts of the nurse are aimed at the elimination of this poison, especially by means of hydrotherapy, massage and the administration of fluids. The speaker also dwelt upon the question of how the strength can best be supported by foods, what constitute proper foods, and what determines the desirableness or otherwise of different foods. He strongly advocated the use of milk and protested against the use of any food likely to over-tax the kidneys in fever cases. In dealing with infectious diseases Dr. McCrae took up the question of isolation, with particulars as to methods, and somewhat more particularly, with regard to the subsequent disinfection of the sick-room and the various articles used therein. He urged upon the nurses to have an ample supply of bichloride 1-1000 or carbolic 1-20 or formalin 1-10, and with a generous use of these disinfectants and a large dose of common sense all fears of infection might be dispelled. In conclusion, he reviewed half a dozen of the more common and important infectious diseases, pointing out wherein lay the danger of each one, which was most interesting to those present and will, I am sure, prove truly beneficial to both patient and nurse in time of need. Two candidates were proposed for membership in the C. N. A. After a social cup of coffee was enjoyed and a little friendly chat, the meeting was drawn to a close.

The report of the annual meeting of the Woman's Hospital Aid Society of Calgary shows how generously and diligently the members have worked to keep the linen, etc., of the hospital up. Amongst other items they bought and made up 630 yards sheeting, 338 yards buttercloth, 100 yards crash, 280 yards towelling, 48 yards table linen, 46 yards ticking, 24 pairs blankets, 3 dozen white quilts, 4 dozen men's gowns, 1 dozen women's gowns, 2 dozen stone hot-water bottles, 2 medicine cabinets, graniteware for operating room, etc. The amount expended in supplies from the W. H. A. S. was \$750.00. The Girls' Auxiliary of the Society have also worked well, and are going to furnish the children's ward in the new hospital. They have already \$150.00 towards it, besides money they have spent on providing books, toys, plants and flowers all through the past year, and this Christmas they provided gifts for each patient throughout the various departments of the hospital, also the Isolation—a good work in which the girls are earnestly interested.

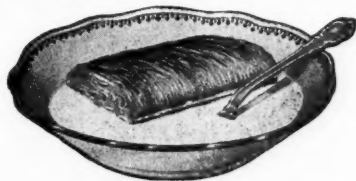
The medical staff of the Calgary General Hospital presented the hospital with a very fine Christmas tree, which was beautifully decorated by Miss Scott and the nurses. Col. Cunliffe, one

A weak stomach can retain and digest Shredded Wheat even though it will reject all other food.

This is a fact recognized by most physicians and qualified nurses, who recommend it frequently to convalescents.

SHREDDED WHEAT

is simply the wheat berry shredded and steam cooked—nothing added—nothing taken away. It is Nature's food.



Health and Strength in Every Shred

Write for the Vital Question Cook Book

Canadian Shredded Wheat Co., Limited

Toronto Office:
49 Wellington St. East

Niagara Falls
Ontario

(1403)

Kindly mention THE CANADIAN NURSE when writing or speaking to advertisers.

of the directors, acted as Santa Claus, distributing the many gifts. Afterwards Miss Scott held an informal reception in the Nurses' Home for those who had kindly contributed musical selections and recitations, and others of the visitors who helped to make the occasion a success.

Miss Maclean has resigned her position as head nurse of the maternity department of the Calgary General Hospital.

Miss Eva Scott (Grace Hospital, Toronto) has gone to Lethbridge, having accepted a position in the Galt Hospital there.

Dr. F. W. Smith on January 14th gave the Calgary Association of Graduate Nurses a very enjoyable lecture on the "History of Nurses."

The Columbia Private Hospital, Calgary, Miss Harvey (Vancouver G. H.), superintendent, reports every bed occupied.

Interesting accounts have recently appeared in the daily press of the annual meeting of the Toronto Branch of the Victorian Order of Nurses, which was held in the City Hall. His Excellency Earl Grey was in the chair, and among those present were the Lieutenant-Governor, the Mayor and Mrs. Oliver, Sir Mortimer and Lady Clark, Senator Cox, Miss M. A. McKenzie, chief lady superintendent, Mrs. John I. Davidson, Mrs. John Hay, Dr. and Mrs. Grasett, Mrs. Willison, Mr. B. E. Walker, Mrs. Warren, Controller Hocken and others. The receipts were \$5,000, all of which has been expended. Miss Eastwood, the superintendent, presented an admirable report. In 1908 the nurses have made 7,103 visits, taking care of 428 patients, and 226 night calls were made. Twenty-four additional doctors have employed the nurses, making a total on the list of 336 doctors who now engage nurses belonging to the order. "Since our work started in Toronto," continued the report, "we have had 2,590 of these obstetrical cases, and have lost only two. There has been a marked increase in the number of free visits. In 1907 there were 1,065, in 1908 there were 2,218. This has been unavoidable, as we found so many of the breadwinners of the households out of work. Sometimes we have been taken advantage of, but we are quite sure in the large majority of these cases the people were quite unable to make even the smallest contribution, and when such was the case our services were given with customary cheerfulness. The eight chronic diseases have received a great deal of care, to some of them daily visits have been paid for months in succession. One rheumatic case has been on our books for about eight years. In making our rounds among the patients we find the nurses' services are highly appreciated. There is never any need to inquire if the patients are satisfied. Nine nurses who completed their district training in the Toronto Home have received appointments during the year as follows: Miss M. Fyfe, to Stratford, to start a new district, her work has proved most satisfactory; Miss Edith Maxwell, to district work in Fort William, the work there grew so rapidly under her care that in the autumn an assistant had to be sent to help her, and Miss E. Blackmore, another of our nurses, was appointed; Miss A. Clarke, as an assistant at the Toronto Home; Mrs. Towel,

HORLICK'S MALTED MILK

Ensures the nutritive effects of pure milk and selected malted cereals with the minimum digestive effort. A food for infants that has practically the same caloric value as mother's milk. A welcome relief from the usual plain milk diet in cases of Typhoid Fever, Pneumonia, in Convalescence, Consumption, Neurasthenia, or after Surgical Operations.

HORLICK'S MALTED MILK CO.
RACINE, WIS., U.S.A.

GILMOUR BROS. & CO., 25 St. Peter Street., Montreal, Sole Agents for Canada.

NURSES, ATTENTION!

**We Have
Something
Special
For You**

History Forms and Charts in pads of 100—with a beautiful leather holder—these holders are free for the asking with your first order for a pad—price of pad the same as the loose leaves per 100.

Call and see them and then tell your friends to call.

CHANDLER, INGRAM & BELL
LIMITED

420 YONGE STREET, TORONTO

WE SOLICIT YOUR TRADE

Kindly mention THE CANADIAN NURSE when writing or speaking to advertisers.

V.O., to Thessalon Hospital; Miss E. Kenney, to the Toronto Home; Miss M. Sparkhall, to assist in the district work in St. John, N.B.; Miss T. McCutcheon, as assistant to the district superintendent at the Ottawa Home, and Miss N. King, to start a new district in Galt, Ont. This latter appointment was made just before the close of the year, and most gratifying accounts have recently come of what the nurse has been able to accomplish during her first month."

Miss Ella Condoy and Miss Marie Lenahan, who graduated from St. Joseph's Hospital, London, last June, have chosen Rochester as their field of labor.

Miss Ella McDonald, class '05, St. Joseph's Hospital, London, is on a visit to her parents in Wallacetown. Miss McDonald has been nursing in Champagne, Ill., for the past year, where she has met with splendid success.

Miss Louise Flood and Miss Eva Henry, class '06, St. Joseph's Hospital, London, have been successfully employed in Chicago, Ill., for the past year. Miss Henry is at present on a visit to her home in Dorchester, Ont.

Miss May Code, class '06, who was recalled from Brandon, Man., on account of the illness of her mother, intends returning to Brandon shortly. Miss Code enjoys nursing in the West.

Miss Maude Baye, class '07, St. Joseph's Hospital, London, has returned to Brooklyn, N.Y., after a few months' stay at her native town, Orillia, Ont.

A mass meeting of the members of the Central Registry was held on Friday evening, Feb. 12th, at the residence, Sick Children's Hospital. The Registry Committee called the meeting for the purpose of discussing the work of the Registry generally, but more particularly the appointment of an assistant registrar. The nurses felt it would be advisable to raise the fee to better facilitate the work of the Registry. Several opinions were expressed as to the appointment of the assistant registrar, but the final decision was left with the committee. The meeting sent letters of sympathy and condolence to Miss Twomey and Miss Pringle; messages of sympathy and good wishes for speedy restoration to health to Miss Hannant and Miss Husband. Letters of thanks and appreciation were sent to Dr. McMahon and Dr. Goldsmith, both of whom had been unfailing in their kindness and attention to Miss Twomey in her late illness.

On account of illness in her family, Miss M. L. Moag has resigned her position in Guelph General Hospital, and is at her home in Smith's Falls, Ontario.

The residence of Dr. M. C. O'Brien, Dominion City, was the scene of a quiet wedding Wednesday evening, 6th inst., when Miss Margaret Eleanor Wightman became the wife of G. E. Campbell, druggist. The ceremony was performed by the Rev. D. Spear, pastor of the Presbyterian Church, in the presence of only the immediate friends and relatives of the contracting parties. Mrs. Campbell is a graduate of the Galt Hospital Training School for Nurses, class of 1904.

TARDY CONVALESCENCE

implies sluggish metabolic interchange.

Pepto-Mangan (Gude)

constructs new erythrocytes, increases the oxygen-carrying capacity of the vital fluid and thus quickens nutritive exchange and acts as a general restorative and reconstituent.

53

Samples and
Literature upon
Application.

M. J. BREITENBACH CO.
NEW YORK. U. S. A.

Our Bacteriological Wall Chart or our Differential Diagnostic Chart will be sent to any Physician upon application.

Our
"Faultless"
Red
Rubber
Goods
Are Sold
Under a
Printed
Guarantee



The difference in cost between this kind of a Water Bottle and the sort sold over the bargain counter is just the difference which pays for the rubber which does not crack or break and the seams that do not part.

THE J. STEVENS & SON CO.
LIMITED
145 WELLINGTON WEST

ERINDALE FARM CERTIFIED MILK

is produced expressly for infants
and invalids

Walker-Gordon Laboratory
Modified Milk

Physicians' Prescriptions Filled

Price's Dairy
TORONTO
MAIN 7303

Miss Gladys V. Wallace, Galt, and Miss Ethyl L. Dumbrille, Strathroy, are recent graduates of Galt Hospital Training School for Nurses.

Miss Lillian Cameron, Galt Hospital Training School for Nurses, class of 1908, is now in Dr. Kelly's Hospital, Baltimore, Md.

Miss Jean Melles, Galt Hospital Training School for Nurses, class 1906, has removed to Ithaca, N.Y.

The fifth annual meeting of the Grace Hospital Alumnae Association was held in the Nurses' Home, Huron Street, on Tuesday, Jan. 26th, the first vice-president, Mrs. Macquoid, in the chair. The secretary's and treasurer's reports were read and adopted and the following officers were elected for the coming year: Honorary member, Miss Scott (supt.); President, Mrs. Macquoid; First Vice-President, Miss Dixon; Second Vice-President, Miss McKeown; Secretary, Miss Smith; Treasurer, Miss Trome; Board of Directors—Miss Monnery, Miss Sloane, Miss Carnochan, Miss Etta McPherson, Miss Thompson; Social Committee—Miss Stratford, Miss C. Laut, Miss Webster; Sick Committee—Miss Albie, Miss Dixon; Registration Committee—Miss Duke; Convenor of Programme Committee—Miss McMillan; Convenor of Press and Publishing Committee—Miss Bell. It was decided that the monthly meetings will be held on second Tuesdays of each month, instead of second Thursday, as heretofore.

The Alumnae Association of the Northern Pacific Railway Hospital Training School for Nurses, Brainerd, Minnesota, have formed a Beneficial Association with every prospect of doing good and useful work. The superintendent, Miss Whitaker, has taken a great interest in the new organization, to which we wish all success. The officers are: President, Miss Mable Cole, Glendive, Mont.; First Vice-President, Miss Mary Gavin, 150 River St., Menasha, Wis.; Second Vice-President, Miss Emma Clark, Hampshire Arms, Minneapolis, Minn. Secretary and Treasurer, Miss Maude Manning, Daytona Beach, Florida.

Another new hospital is opened in the West, this time in Minnedosa, Manitoba, and we have the greatest pleasure in announcing this, remembering how much good will surely be done within its walls. Hospitals are greatly needed in the western part of Canada. Miss A. A. Hawley, the superintendent, has kindly sent us some account of the opening. More than 500 people inspected the hospital on the opening day and interesting addresses were given by the president, Mr. J. Burgess, and by Miss Hawley. Mr. W. B. Waddell, M.P., formally declared "The Lady Minto Hospital of Minnedosa" open and the Rev. J. S. Watson closed the proceedings with prayer. The building is of brick, standing on the southwestern heights of the town, commanding a beautiful view for miles. It is heated by steam and hot water, comprising all the latest improvements. The interior includes, in the sub-basement, a kitchen, pantry, dining-room, laundry, caretakers' room, furnace, coal and vegetable rooms. On the first floor is the office and waiting room, men's public



Unsweetened

JERSEY CREAM

STERILIZED

is pure milk condensed ; nothing is removed save water—nothing whatever is added.

It is thoroughly sterile, and will keep when the can is opened, for a much longer time than will ordinary raw milk.

It is a safe food for children.

Raw milk is often a menace to health, because of impurities and disease germs.

Dominion Government analysis demonstrates Jersey Cream 13% richer than any brand sold in Canada.

The Truro Condensed Milk Co. Ltd. - Truro, N. S.

The Marvel Syringe



Marvel "Whirling Spray" Syringe

Awarded the Gold Medal Diploma and Certificate of Approval by the Société d'Hygiène de France, Paris, Oct. 9, 1902

As the latest and best syringe invented to THOROUGHLY CLEANSE THE VAGINA, the MARVEL, by reason of its peculiar construction, DILATES and FLUSHES the vaginal passage with a volume of whirling fluid which SMOOTHS OUT THE FOLDS and PERMITS THE INJECTION TO COME IN CONTACT WITH ITS ENTIRE SURFACE, instantly DISSOLVING and WASHING OUT ALL SECRETIONS AND DISCHARGES.

Physicians should recommend the MARVEL SYRINGE in all cases of LEUCORRHOEA, VAGINITIS and all WOMEN TROUBLES, as it is warranted to give entire satisfaction.

All Druggists and Dealers in Surgical Instruments in Canada Sell It

For Literature, address

MARVEL COMPANY

44 East 23rd Street

NEW YORK

ward and bath room, two private and one semi-private wards. On the second floor is found the women's public ward and bath room, one private ward, operating room, with surgeon's dressing room in connection; superintendent's bedroom and reception room. The whole building is well equipped. The Knights of Pythias, the Foresters and the employes of the C. P. R. each furnished a private ward; the Independent Order of Oddfellows furnished the semi-private ward; the Girls' Hospital Aid provided two cots complete and all silver cutlery, whilst the Women's Hospital Aid supplied all linen, except private wards, and the furnishings for dining-room and kitchen.

Mr. Angus W. Hooper, of Montreal, left a legacy of \$25,000 to Montreal General Hospital.

Mr. Hammond, one of the best and noblest citizens of Toronto, who died, as he had lived, a hero, left a large legacy to the National Sanitarium Association.

One of the graduates of Collingwood General and Marine Hospital, Miss Anna G. Morton, who has been on duty in the hospital for the past four years, was married early this year to Mr. J. W. Mather, son of Mr. James A. Mather, of New Lowell. The wedding, which was a very pretty one, took place at Trinity Church, Bradford, Rev. Rural Dean Morley, rector of the parish, officiating, assisted by Rev. J. Farncomb of Stayner. The groom was supported by Dr. S. R. Clemes of Collingwood, and Miss M. Morton was bridesmaid, her little niece, Miss Mary Morton, being flower girl. Mr. and Mrs. Mather will reside in New Lowell.

The Board of the General and Marine Hospital, Collingwood, have engaged Miss A. R. N. Moore to give a course of instruction in massage and hydrotherapy to the pupils of the Training School connected with the hospital. Miss Moore is a graduate of the Collingwood General and Marine Hospital, and holds a diploma from the Pennsylvania Orthopedic Institute in massage, hydro- and electro-therapy, and medical gymnastics.

The Hospital for Incurables, Toronto, have wisely reprinted a bright, clear, kind article by Grant Balfour, in which, briefly but happily, their strong case is put. They have one hundred and forty patients and always about forty more waiting admission. We are very much interested in the article, and earnestly hope they may soon be able to pay the deficit of \$4,000 through the contributions of the public. It is a good work that they do.

St. Elizabeth Visiting Nurses' Association, 30 Huntley St., have now two graduate nurses engaged for maternity and other work in Toronto. Their patron is the Most Rev. F. P. McEvay, Archbishop of Toronto; Honorary President, Lady Falconbridge, 80 Isabella Street; President, Mrs. J. McLean French, 137 Bond Street; First Vice-President, Mrs. William MacKenzie, Avenue Road Hill; Second Vice-President, Mrs. H. T. Kelly, 33 Maple Avenue; Treasurer, Mrs. James Dwyer, 132 Carlton Street; Corresponding Secretary, Mrs. D. A. O'Sullivan, 1155 King West; Recording Secretary, Miss Hynes, 375 Berkeley Street.

PNEUMONIA

IN PNEUMONIA the inspired air should be rich in oxygen and comparatively cool, while the surface of the body, especially the thorax, should be kept warm, lest, becoming chilled, the action of the phagocytes in their battle with the pneumococci be inhibited.

Antiphlogistine (Inflammation's Antidote)

applied to the chest wall, front, sides and back, hot and thick, stimulates the action of the phagocytes and often turns the scale in favor of recovery.

It is an acknowledged fact, as declared by a well known medical teacher and author in his latest text-book on treatment, that "heat applied and persisted in over the entire diseased area is a most potent and physiological antagonist to those essential conditions which are directly induced by the causes of the disease, and from which all ultimate pathologic results must develop. It is profoundly stimulating, and while local heat from undue combustion is present, the applied heat stimulates the capillaries and physiologically unloads the venous capillaries. At the same time it stimulates the arterial capillaries through its influence upon the peripheries of the nerves and secondly upon the nerve centres, to drive the accumulating tide through the engorged vessels, thus unloading them into the veins. It thus carries off the accumulating waste, brings into the capillaries a new tissue supply and quickly remedies the harm that has been done them in the primary congestion.

"It is a most rational procedure. It is logical, it is reasonable, it is physiological and it is highly scientific. And such a course is always acceptable."

CROUP

Instead of depending on an emetic for quick action in croup, the physician will do well to apply Antiphlogistine hot and thick from ear to ear and down over the inter-clavicular space. The results of such treatment are usually prompt and gratifying.

Antiphlogistine hot and thick is also indicated in Bronchitis and Pleurisy

The Denver Chemical Mfg. Co.

New York

The nurses are Miss Annie Long, Miss Mary Kelly; residence, 30 Huntley St.

Miss Husband (T. G. H.), who has been for some weeks in one of the pavilion private wards at the Toronto General Hospital suffering from gastric ulcer, is now progressing favorably, greatly to the pleasure of all her companions and friends.

Miss Hannant, one of the recent graduates of Toronto General Hospital, was severely burned last month while on special duty in the hospital by an explosion of gasoline. Her many friends will be glad to hear that she is now improving.

Sister M. Philomena has been appointed superintendent of nurses, St. Joseph's Hospital, Chatham. Sister M. Justina, the former superintendent, is taking a rest at Mount St. Joseph, London.

Miss Eugenie Belleperche, graduate of St. Joseph's Hospital, Chatham, has accepted a position on the nursing staff of the St. Mary's Hospital, Rochester, Minn.

Miss Flora Darling, graduate of St. Joseph's, Chatham, has accepted a position in the Sick Children's Hospital, Detroit.

A cablegram on Feb. 14th announcing the death of Miss Jean Inglis, a former pupil nurse of the Neepawa General Hospital Training School, was received with great regret. Owing to ill health Miss Inglis was obliged to give up her work and return to her home in Scotland last October. Miss Inglis was a most capable, conscientious nurse, and had endeared herself to her patients and to the staff of the hospital.

Miss Margaret F. Hogan and a number of other Montreal nurses are thinking of attending the International Council of Nurses in July next.

MARRIED.

Crane-Green.—At San Jose, Cal., on January 7th, Alfred G. Crane of Kuala, Tumpur, Selangon, Federated Malay States, to Miss Constance H. R. Green, graduate of the R. V. H., Montreal. Miss Green has been in charge of the General Hospital at Golden, B.C., since her graduation in 1907, and the best wishes of her many friends will go with her to her new distant home.

Henderson-Knox.—In Vancouver, B.C., on January 14th, 1909, Miss Ellen I. Knox to Dr. G. B. Henderson, of Creston, B.C. Mrs. Henderson graduated from Grace Hospital in 1902.

Redmond-Storey.—In Chicago, Dr. Thos. Redmond of St. Joseph, Mo., to Nessie M. Storey, graduate of Riverdale Hospital, Toronto, class '01. Dr. and Mrs. Redmond will be at home at 807 Francis St., St. Joseph, Mo., after March 1st.

BIRTHS.

At Mount Albert, Jan. 26th, 1909, to Mr. and Mrs. J. A. Hopkins, a son. Mrs. Hopkins (nee Miss Foster) is a graduate of the T. G. H.



Good Nurses and Careful Mothers'

are particular about using no other but

MENNEN'S BORATED TALCUM TOILET POWDER

because it is freely recommended above all others by physicians everywhere. **MENNEN'S** is the purest and safest of Toilet Powder, just as good for mother and nurse as it is for baby.

It not only **smooths** the skin but **soothes** the skin, not only **hides** roughness and rawness but **heals** them. After the **bath** it is delightful—it enables one to easily retain that pleasing appearance of fresh cleanliness.

A Positive Relief for Chapped Hands and Chafing.

MENNEN'S is put up in **non-refillable** boxes—the "**Box that Lox**"—for your protection. Guaranteed under the Food and Drugs Act, June 30, 1906. Serial No. 1542.

**For sale everywhere, or by mail for 25 cents
SAMPLE FREE**

Try Mennen's Violet (Borated) Talcum Toilet Powder—It has the scent of fresh-cut Parma Violets. Samples free.

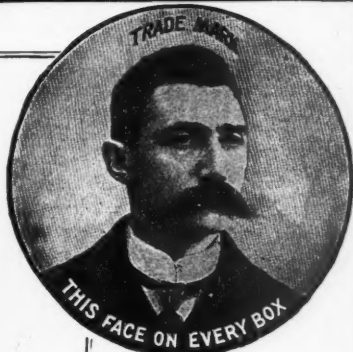
MENNEN'S SEN YANG TOILET POWDER, Oriental Odor
MENNEN'S BORATED SKIN SOAP } No Samples
(blue wrapper).

(Specially prepared for the nursery).

GERHARD MENNEN Co.

NEWARK,

NEW JERSEY



"THE
BOX
THAT LOX"



The Nurse's Library

The February issue of "The Quarterly," published by the Illinois State Association of Graduate Nurses, is a "Tuberculosis Number," and contains no less than ten articles on this important question. It is an excellent number.

"Mental Deficiency," A. F. Tredgold, L.R.C.P. and M.R.C.S. (London: Bailliere, Tindall & Cox; 10s. 6d.) Dr. Tredgold is a recognized authority of eminence on this subject. Besides a long and varied practical experience, he was medical expert to the Royal Commission on the Feeble-minded. His work, as was to be expected, is a learned, scientific, and comprehensive treatise on the subject so far as was possible within the limits of the volume. To all who have any interest in or duty to the feeble-minded, this book is of rare assistance and great importance. It is probably the best book in the language on this subject.

"Neurasthenia," by Prof. Gilbert Ballet of Paris. Translated from the third French edition by P. Campbell Smith, M.D. (London: Henry Kimpton, Furnival Street; 6s.) Books on neurasthenia are now a necessity to the nurse as well as the physician and this is an excellent treatise on the subject. It deals with the cause, symptoms, clinical forms, prophylaxis and treatment of the disease, and is interesting and suggestive from first to last. No book can take the place of experience, but this work will be found of great assistance and it is a good one for a nurse's library.

"The Johns Hopkins Nurses' Alumnae Magazine" is one of the very best of our exchanges. Besides, it and "The American Journal of Nursing" are the only ones that ever have found fault with us, and we appreciate that. It is our best chance of improvement to be severely handled by our contemporaries. In the last number the magazine is fortunate in having an article from the pen of Dr. Florence Sabin, the accomplished Assistant Professor of Anatomy in the Johns Hopkins University, and a most excellent account of the nurses' session at the International Congress on Tuberculosis.

We have just received a copy of "The Nurses' Cook Book," as published by the Toronto Graduate Nurses' Club and compiled by Miss Lucy Bowerman. We gave it to our own cook and within twenty-four hours she pronounced it "a lovely cook book," and would not use any other. The cook was right. It is a most excellent cook book and ought to sell in thousands for the benefit of the Nurses' Club-House. Address all orders to 644 Spadina Avenue, Toronto.

"The Delineator" for March has such a varied, attractive and appropriate table of contents that really one feels one cannot do without the magazine. We all need some clothes this month. Here are many suggestions, and which of us would not like to read any one of the six leading articles, each one more interesting than the last?

Scott's Emulsion

is a strengthening food and tonic, remarkable in its flesh-forming properties. It contains Cod Liver Oil emulsified or partly digested, combined with the well-known and highly prized Hypophosphites of Lime and Soda, so that their potency is materially increased.

WHAT WILL IT DO?

It will arrest loss of flesh and restore to a normal condition the infant, the child and the adult. It will enrich the blood of the anemic; will stop the cough, heal the irritation of the throat and lungs. It is the greatest help in consumption. We make this statement because the experience of thirty-five years has proven it in tens of thousands of cases.

ALL DRUGGISTS

INSTRUCTION IN MASSAGE

THE SYSTEM YOU WILL EVENTUALLY LEARN

Swedish Movements, Medical and Orthopaedic Gymnastics

Term, 3 Months Tuition Fee, \$75.00

Course in Electro-Therapy

Term, 2 Months Tuition Fee, \$25.00

Course in Hydro-Therapy in All Its Forms

Term, 6 Weeks Tuition Fee, \$30.00

Winter Class opens March 18th, '09. Spring Class opens May 19th, '09
Over 9,000 MECHANICAL TREATMENTS GIVEN IN 1908. No Better Clinical Experience Possible

All courses may be commenced at the same time and finished within three months.

The instruction consists of daily clinical work and practical lessons on patients referred to our clinics from the various Hospital Dispensaries. Original Swedish (Ling) System and Weir Mitchell's Rest Cure system. All pupils attend clinics at several city hospitals. Separate male and female classes. Payments can be made to suit your convenience. Particulars and illustrated booklet on Massage upon request. An early application for admission is advisable.

INSTRUCTORS

WALTER S. CORNELL, M.D., (Instructor Univ. of Penna.)

HOWARD A. SUTTON, M.D., (Instructor Univ. of Penna.)

T. D. TAGGART, M.D., (Jefferson Med. College).

WM. ERWIN, M.D. (Hahnemann and Rush Med. Coll.)

MAX J. WALTER (Univ. of Penna., Royal Univ., Breslau, Germany, and Lecturer to St. Joseph's, St. Mary's, Mount Sinai and W. Phila. Hospital for Women, Cooper Hospital, etc.)

FRANK B. BAIRD, M.D., (University Pennsylvania)

WM. EGBERT ROBERTSON, M.D., (Associate Professor of Medicine, Medico-Chirurgical College.)

ELENE BONDORFF (Gymnastic Institute, Stockholm, Sweden.)

LILLIE H. MARSHALL (Pennsylvania Orthopaedic Institute.)

EDITH W. KNIGHT

MARGARET A. ZABEL (German Hospital, Philadelphia Penna. Orthopaedic Inst.)

Pennsylvania Orthopaedic Institute & School of Mechano-Therapy
(Incorporated)

1711 Green Street, PHILADELPHIA, PA.

MAX J. WALTER, Superintendent

Kindly mention THE CANADIAN NURSE when writing or speaking to advertisers.

Publisher's Department

LONG HOURS IN NURSING

Nurses frequently complain after some years of practical nursing that the long hours of almost constant day and night duty become too strenuous for them and desire to specialize in their profession, whereby they become free from night work. Financially the most profitable specialty in which a nurse may engage is undoubtedly massage and its related forms of mechanical treatments. The Pennsylvania Orthopaedic Institute and School of Mechano-Therapy (Inc.) 1711 Green Street, Philadelphia, offers most scientific courses in the Swedish system of massage, medical and corrective gymnastics, electro- and hydro-therapy at a reasonable price. Large clinical material, a staff of twelve instructors, the most complete equipment required for instruction and treatments are opportunities not found in many other schools. Classes open March 18 and May 19, 1909. If you desire to take such a course write for full particulars by addressing Max J. Walter, superintendent.

FUNCTIONAL NEUROTIC DISORDERS.

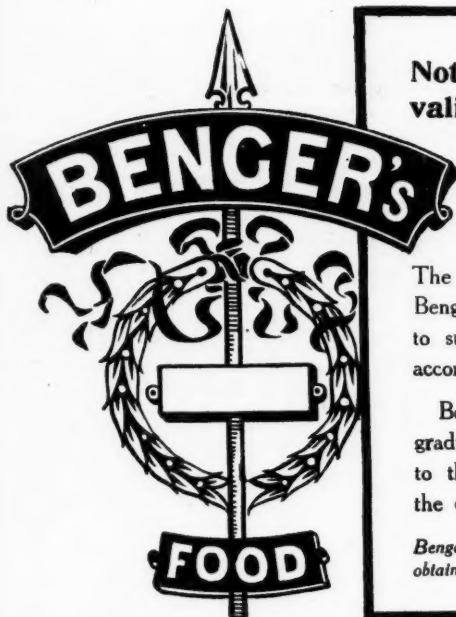
Neurasthenia, nervous "break-down," nervous prostration, "brain-fag" and allied states are usually but neurotic manifestations of some constitutional metabolic fault, which must be sought out and remedied if intelligent therapy is to be applied. Among the various pathologic conditions which oppose the relief of neural disorders, anemia, whether primary or secondary, is always worthy of therapeutic attention. Unless the blood supply is relatively normal in both quantity and integrity, its oxygen-carrying capacity is "below par" and, consequently, metabolic exchange and interchange is embarrassed and the necessary improvement in bodily nutrition is difficult of accomplishment. Pepto-Mangan (Gude) stimulates and encourages oxygenation and nutrition, by furnishing the more or less impoverished blood with an immediately appropriate form of its vital metallic elements, iron and manganese. The vital stimulus thus imparted is often the one thing needful to initiate the substantial systemic "building up" process which must precede the desired recovery from neurotic disorders.

The new School of Medical Gymnastics and Massage opened Dec. 1st, 1908, by Dr. Gudrun Holm at 723 Lexington Ave., New York City, has met with a very gratifying success. The first course will end Feb. 1st and a new one begin at that date. Ever since she came to America, Dr. Holm has fostered the idea of opening a place where poor people could receive absolutely free or for a very small fee, good scientific massage treatment. Her wish seems fulfilled now.

Tonsillitis
AND
POND'S EXTRACT

In ordinary follicular tonsillitis, Pond's Extract is a very efficient remedy when used as a gargle every hour. It should be used in solution—a tablespoonful to one-half a glass of hot water.

CAUTION: The toxic perils of adulterated substitutes may be entirely avoided by prescribing POND'S EXTRACT exclusively.
POND'S EXTRACT CO., New York and London.



Not only Infants, but Invalids, and persons with Delicate or Impaired Digestion can enjoy Benger's Food.

The particular and important feature of Benger's Food is that it can be prepared to suit any degree of digestive power, according to the directions on each tin.

Benger's Food really assists Nature by gradually restoring the weakened stomach to the stage at which it can undertake the digestion of more solid foods.

Benger's Food is sold in Tins, and can be obtained through most wholesale druggists and leading drug stores.

MALTINE

With CASCARA SAGRADA

For Constipation and Hemorrhoids

CASCARA SAGRADA is acknowledged to be the best and most effective laxative known, producing painless and satisfactory movements. Combined with the nutritive, tonic and digestive properties of Maltine, it forms a preparation far excelling the various pills and potions which possess only purgative elements. The latter more or less violently FORCE the action of the bowels, and distressing reaction almost invariably follows, while Maltine with Cascara Sagrada ASSISTS NATURE, and instead of leaving the organs in an exhausted condition, so strengthens and invigorates them that their normal action is soon permanently restored.

For sale by all druggists.

THE MALTINE COMPANY

88 Wellington St. West, TORONTO

SAL HEPATICA

The Original Effervescing Saline Laxative and Uric Acid Solvent.

A combination of the Tonic, Alterative and Laxative Salts similar to the celebrated Bitter Waters of Europe, fortified by the addition of Lithia and Sodium Phosphate.

It stimulates the liver, tones intestinal glands, purifies alimentary tract, improves digestion, assimilation and metabolism. Especially valuable in

RHEUMATISM, GOUT, BILIOUS ATTACKS AND CONSTIPATION

Most efficient in eliminating toxic products from intestinal tract or blood, and correcting vicious or impaired functions.

WRITE FOR SAMPLES.

BRISTOL-MYERS CO.

BROOKLYN-NEW YORK.



The prudent practitioner, being guided by the dictates of experience, relieves himself from disquieting uncertainty of results by safeguarding himself against imposition when prescribing

ERGOAPIOL

(Smith)

The widespread employment of the preparation in the treatment of anomalies of the menstrual function rests on the unqualified indorsement of physicians whose superior knowledge of the relative value of agents of this class stands unimpeached.

By virtue of its impressive analgesic and antispasmodic action on the female reproductive system and its property of promoting functional activity of the uterus and its appendages, Ergoapiol (Smith) is of extraordinary service in the treatment of

AMENORRHEA, DYSMENORRHEA
MENORRHAGIA, METRORRHAGIA

ETC

ERGOAPIOL (Smith) is supplied only in packages containing twenty capsules. DOSE: One to two capsules three or four times a day. ' ' ' Samples and literature sent on request.

MARTIN H. SMITH COMPANY, New York, N. Y., U. S. A.

Kindly mention THE CANADIAN NURSE when writing or speaking to advertisers.